

DESERT AIRMAN

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D-M welcomes 'Make-A-Wish' kids

By Staff Sgt. Brandy Dupper-Macy
355th Wing Public Affairs

A-10 weapons load crew demonstrations, robots, fire trucks, Sparky the Fire Dog and more were all a part of making children's wishes come true.

Base agencies joined forces and began coordinating ideas in May to have children and families from the Make-a-Wish Foundation come to Davis-Monthan Air Force Base July 21.

For the Weapon's Load Crew, opening their hangar doors is nothing new. They conduct many tours throughout the year.

"Organizing the event was no problem," said Chief Master Sgt. Doug Mahoney, 355th Maintenance Group wing weapons manager. "Weapons Standardization folks routinely conduct tours, however, this one needed to be special."

"I contacted Master Sgt. Mark Trice at the Explosive Ordnance Disposal section and Joseph Raines at the Fire department to see if they wouldn't mind participating. Both were eager to come out and perform demonstrations for the audience."

With teams in place, Airmen entertained more than 100 families members who came out to visit the base.

"For this particular event it was very important for us to support as this provided not only the mothers and fathers, but especially the children, a chance to come out and sit in the cockpit of an A-10 aircraft and to see all the different types of munitions used on the aircraft," Chief Mahoney said. "It also provided a close-up look at the Explosive Ordnance Disposal team's mechanical robot

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Photo by Senior Airman Christina Ponte

Hannah, daughter of Jeff and Stacie Mockbee, hugs Sparky the fire dog during the Make-A-Wish tour at Davis-Monthan. Hannah is the sister of Jaccob, who is part of the Make-A-Wish program. The tour consisted of an Explosive Ordnance Disposal robot demonstration, fire department demonstration, and a weapons loading demonstration on the A-10.

Weekend Weather

Today	Saturday	Sunday
91 74	92 74	95 75

Information courtesy of the 355th Operations Support Squadron.

Sorties

Squadron	Goal to date	Flown	Annual
41st ECS	125.0	20.0	1,590.0
43rd ECS	100.0	26.0	1,398.0
55th RQS	185.0	15.2	2,880.0
79th RQS	160.0	27.7	1,845.0
162nd OSB	200.0	0.0	2,135.0
354th FS	850.5	150.3	8,942.0
357th FS	818.0	86.0	8,998.0
358th FS	913.4	129.0	9,134.0

Injured Airman finds support in Palace HART



Courtesy photo

Brian G. Kolfage, a personnel security clerk assigned to the 355th Security Forces Squadron, participates in his retirement ceremony at Andrews Air Force Base, Md., April 12, 2005.

By Staff Sgt. Brandy Dupper-Macy
355th Wing Public Affairs

"To this day, I'm still the most severely injured service person to survive since Vietnam," he says with a smile on his face.

Brian G. Kolfage, a personnel security clerk assigned to the 355th Security Forces Squadron, was severely wounded while deployed to Balad, Iraq, in 2004. At that time, Senior Airman Kolfage was on his second deployment of his four-year career, looking forward to return-

ing to his homestation, Goodfellow Air Force Base, Texas.

"I walked out of my tent on Sept. 11, 2004, and was going to go and get a bottle of water (before I went to the gym)," Mr. Kolfage said. "I got about 20 feet and that's when a mortar landed about 2 feet away from me. Almost instantly, my legs and right hand blew right off. I was fully conscious, but I didn't really know what happened. I was trying to stand up and trying to figure out what was happening. I thought I was dreaming."

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Proud to serve

355th SVS commander takes pride in serving, encourages D-M Airmen to deploy in DCUs

By Maj. Christopher Lavallee
355th Services Squadron commander

For the past few years, I've had a lot of opportunities to travel across the United States both for official duty and on leave status.

One of the things that has always struck me is the large numbers of Army personnel transiting through various airports in their desert camouflage uniforms as they either deploy to or return from the Middle East.

A common sight in nearly all these instances is the large number of civilians who stop these patriots and thank them for their service to our country.

As the 355th Services Squadron commander, I had the opportunity to deploy a good number of my personnel to the Middle East with Air Expeditionary Force 3/4.

When they returned from their deployment, I met all of them at the airport. I chose to greet them while dressed in my battle dress uniform.

All of them exited the aircraft wearing civilian clothing. But what was most disturbing was the large number of people in the baggage claim area who came up and asked me where I was coming in from and wanting to thank me for serving.

Yet the people who had actually been to the fight went unnoticed and unthanked.

When I was notified that I would be deploying in support of Air Expeditionary Force 7/8 with 25 of my own people from Davis-Monthan, one of the first questions I asked was whether or not I could wear my uniform to transit to the area of responsibility.

This question had apparently been asked before, because within days, we received an official message stating that Air Force members traveling through the U.S. now have the option to wear their DCUs while traveling.

Shortly thereafter, I held a meeting with my deployers and announced that D-M services personnel would be traveling all the way to their AOR in their DCUs.

"I'm tremendously proud to serve in the U.S. Air Force and I am tremendously proud to say that I had the chance to make a small contribution to this fight. I am by no means ashamed to show my pride and I would think that none of us who have served will be afraid to do the same."

— Maj. Christopher Lavallee,
355th Services Squadron commander

I initially received a little bit of push-back, as well as various arguments about why we shouldn't travel in uniform.

However, I think that by and large, my people were surprised at the reception we received along every leg of our trip.

It was nearly impossible to move through any of the airports we stopped at without people wanting to recognize our service and the sacrifices we make.

Given the often negative view of the Global War on Terrorism that is portrayed in the media, it was refreshing to see the overall outpouring of support for our mission and the importance of our task at hand.

As our rotation wrapped up, I again made the decision that we would travel all the way back to D-M in our DCUs.

Without hesitation, I can say that the response we received, as well as the lasting impression we left of the Air Force, has convinced me that we will continue to transit to and from our AOR in our DCUs.

I'm tremendously proud to serve in the U.S. Air Force and I'm tremendously proud to say that I had the chance to make a small contribution to this fight.

I am by no means ashamed to show my pride, and I would think that none of us who have served will be afraid to do the same.

Commander's Corner



Photo by Airman 1st Class Veronica Pierce

Col. Michael Spencer, 355th Wing commander, awards Col. Walter Scales, 355th Operations Group, the Bronze Star during the Officers Commander's Call July 21.

A job well done

My husband and I are retired and get our diabetic medicine at the base pharmacy. I want to tell you that the people there are so polite.

Recently, I lost my prescription and they were very understanding and so absolutely polite. They helped me to get another copy of my prescription and the medication I needed.

My husband and I think it's good to let someone know they are doing a good job once in a while and I would like the hospital commander to know. Keep up the good work.

I want to let you know when people speak politely to you and smile it makes you feel good. I also want to say that the people assisting the doctors are doing a great job, very polite and gentle.

Just give those young people a pat on the back.

Response:

I agree. Our folks in the Pharmacy and the Medical Group's other healthcare professionals deserve a pat on the back. We thank you for the positive feedback.

Supporting each other and working together to provide the best programs and services is a goal for Davis-Monthan people. Ideas, comments, concerns and kudos are important to make improvements. The best way to pass along a comment or to get an answer to a concern is to contact the agency chief or functional manager. Still no solution? Call the Commander's Corner phone line at 228-4747 or send an e-mail to commanderscorner@dm.af.mil.

Please remember 101 Critical Days of Summer

The 355th Wing Public Affairs staff prepared all editorial content for the **Desert Airman**. The editor will edit or rewrite material for clarity, brevity or to conform with the Associated Press Style Guide, local policy and Air Force style as required by Air Force Instruction 35-101. Contributions for the **Desert Airman** can be made directly to the 355th Wing Public Affairs Office, Building 2300, Suite 2054, or through e-mail to desert.airman@dm.af.mil. The editor can be reached at 228-3091. Submission deadlines are Wednesday, nine days prior to publication date. If submissions are publishable, they run based on space available and priority. Unless otherwise noted, photographs are Air Force photos. The **Desert Airman** uses information from the Armed Forces Information Service, Air Force News Service, Air Combat Command and other sources. All advertising is handled by Aerotech News and Review, 456 East Ave. K-4, Suite 8, Lancaster, Calif. 93535. For display/business advertising, please call (520) 623-9321 or e-mail diane@aero-az.com. For paid classified advertising, e-mail airmanclass@aerotechnews.com.



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Photo by Senior Airman Christina Ponte

New commander

Senior Airman Rebecca Hazzard, operations manager from the 355th Civil Engineering Squadron, shows Lt. Col. Valerie Hasberry, new commander of the 355th CES, the status of a work order in the Information Work Order Management System.

Housing privatization

Upcoming town hall meeting offers info

By Staff Sgt. Brandy Dupper-Macy
355th Wing Public Affairs

The Davis-Monthan base housing residents and community are invited to a town Hall Meeting at the Base Theater Wednesday at 5 p.m.

The meeting will focus on housing privatization and its numerous facets.

Those who are scheduled to deploy during Air Expeditionary Force 3/4 are especially encouraged to attend.

"This meeting is timed especially for those deploying with AEF (3/4) so those members can become educated about privatization in time to set housing plans and arrangements for their families before they deploy," said Rick Whitaker, 355th Civil Engineer Squadron contract housing privatization manager. "A special power of attorney is required for the non-sponsor to complete the legal documents."

In addition to informing the base populace on what documentation will be required, the Town Hall meeting will cover various topics.

"This Town Hall meeting will provide the latest details available on the privatization program," Mr. Whitaker said. "We will be able to address questions that have come up in the past such as lease provisions,

the timing and process of the construction, renovation and demolition of base housing, plus the timing of the turnover date (when the developer will assume possession of all base houses). Additionally, the Highest Ranked Offeror, Actus Lend Lease, will be introduced to present their company and present their concept for the new, privatized community."

The purpose of the Town Hall meeting is to ensure base residents get the most information possible, before making a decision.

"Residents should first learn about the program sufficiently to decide whether or not they want to remain on base in privatized housing or if they prefer to live off base," Mr. Whitaker said.

To ensure residents are able to make the meeting, child care is available after hours.

"Families that need child care to attend this meeting should call the Family Child Care office at 228-2201 for information on the Extended Duty Care Program," said Larry Sanders, 355th Services Squadron flight chief.

"It is important for Davis-Monthan families to attend this meeting," said Col. Michael Spencer, 355th Wing commander. "Ensuring our families are well informed is imperative for them to make the right decisions for their family."

News Notes

UDTF event

The Underage Drinking Task Force will host a free pool party at the base pool from 5 to 10:30 p.m. Saturday.

There will be a movie on a large screen pool side, inner tubes for lounging, food, drinks and prizes. In addition, the Driving Under the Influence unit from the Tucson Sheriff's Department will bring drunk goggles and the drunk-driving simulator.

Legal office closure

The Davis-Monthan Legal Office will be closed for legal assistance today, Aug. 9 and 11 from noon to 4:30 p.m.

For emergencies, call 228-5242.

School, sports physicals

School and sports physicals will be available Aug. 19 at the 355th Medical Group. A military identification card, shot record, prescription glasses or contacts, and all school and sports physical paperwork must accompany the person being examined.

To schedule an appointment, call 228-2778.

Canceled enlisted call

The enlisted call for today has been canceled.

Health and Wellness expo

The Health and Wellness Center will host a mini-health expo Aug. 9 from 1 to 3 p.m. How to find the proper shoes for feet and activities, proper body alignment when sitting for long periods, lifting heavy materials and how to include core muscles in an exercise regime, will be addressed. Keynote speakers from Davis-Monthan's Physical Therapy, Chiropractic Clinic and the fitness center will offer suggestions. Local businesses will also demonstrate their foot-to-neck products and services. Participants will have a chance to sample available services during the event.

To reserve a spot, call 228-2294 by Aug 7.



581

Airmen's lives were saved by the Airmen Against Drunk Driving

Program since Dec. 31, 2005. Those interested in volunteering can call 228-2247.

Call AADD at

850-2233

Terrorism history

On July 28, 1989, Israeli commandos seized Shaykh Obeid from a village in southern Lebanon and detained him in Israel on allegations of involvement in terrorist activity on behalf of Hezbollah.



Wish, Page 1



Tech Sgt. Thomas Grandstaff, 355th Maintenance Group, shows Hannah, 3, daughter of Mark and Amy Holguin, the inside of the cockpit of an A-10 Thunderbolt II during the Make-A-Wish tour at Davis-Monthan.

and explosive container unit and the fire department's awesome display of water power."

Karen Christensen, Make-A-Wish Foundation wish granter, originally asked Chief Mahoney if he thought the base would be willing to support at a previous tour she was on.

"We thought it'd be a great way for families to connect," Mrs. Christensen said. "We also thought it would be fun for the kids — when else do you get to go in a plane?"

"We try and pull out the bells and whistles when it comes to these kids and their families," said Heather Dean, Make-A-Wish Foundation Southern Arizona director of development and communications.

"We're really appreciative to the Air Force for making this as special as they did. We had no idea that they would be able to provide

such great support."

"The most gratifying part of this event was seeing all the excitement on everyone's faces," Chief Mahoney said.

The faces of the children and families could be described as priceless. Many of the children were very excited to come.

"We live near the base, so we see the planes all the time," said Mark Holguin, parent of Hanna, age 3 years. "She was very excited."

When Hannah's mom, Amy Holguin, asked her what she thought of the A-10, she said, "I want daddy to fly with me."

For two of the Make-A-Wish children, Joseph Mankee, age 8, and Lawton Lucas, age 9, being able to

see the plane was the best part.

For Chief Mahoney, the plane wasn't the best thing out there.

"I wanted to send a special thanks to all the children who came out and touched the lives of so many of us," he said.



Photos by Senior Airman Christina Ponte

Steve Sayre, and his son Jacob, age 10, look at the different aspects of an A-10 Thunderbolt II during the Make-A-Wish Kids tour at Davis-Monthan.

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Within seconds the sirens began to go off and those around were trying to help him.

"I was trying to look at my wounds, but my friend put his hands in front of my face so I wouldn't see," he said. "I didn't know it was that bad. I saw my hand and it was completely severed off and I saw my thumb on my left hand just hanging off. I was laying there. People were screaming. They were stuffing towels and stuff inside my wounds, I guess. A couple of other people were doing self aid buddy care. About two minutes went by and the Air Force had their ambulance there. That's really when the pain started to kick in. I was yelling at the medic to put me to sleep or put me on pain killers and they were like, 'No, no ... we can't.' I guess it was because I didn't have much blood left and if they gave me something, they said I would have just died. Pretty much all my blood was on the ground. I was in the ambulance for maybe a whole minute. The hospital for that whole area in Iraq was in Balad, so I was real lucky. I was right there. They carted me to the front door on their little stretcher and everyone was just looking at me like, 'This guy's going to die.' I knew it wasn't good when I saw the doctors looking at me. They had that look like, 'This dude's not going to make it.'"

He requested to be put to sleep and this time the medical team complied. Two days later he woke up at Walter Reed Medical Center, Md.

"I don't remember the whole trip," he said. "When I was asleep, that's when they did all of the surgeries. They amputated my hand, my legs, stabilized me and cut open my stomach to make sure I didn't have any internal injuries.

While on the road to recovery, Mr. Kolfage was hospitalized for almost a year.

"I had to have 15 additional surgeries while I was there," he said. "I've had to go through a lot of rehab, as I'm sure you'd imagine. I've been walking a little bit (with prosthetics). I've had some problems with that, but I've overcome them now. And I have other prosthetics. It just takes time."

As he recovered and was released from the hospi-



Courtesy photo

Brian G. Kolfage, personnel security clerk assigned to the 355th Security Forces Squadron, was severely wounded while deployed to Balad, Iraq, in 2004. Mr. Kolfage was awarded the Purple Heart for his injuries.

tal, he had to go on with his life and decide what to do for a living. That's where Palace HART (Helping Airmen Recover Together) came in.

The Palace HART liaison came to help make his decision a reality.

"It's a program that, basically, if you get injured, they'll take care of all the dirty work," he said. "You don't have to worry about anything, like getting a job. They coordinate pretty much everything. I learned about it, once I got here to D-M. They took care of helping me to get a job, pretty much all my paperwork and they wrote my resume. They also helped work with the Veterans Affairs people to get disability. They asked me where I wanted to go and I told them here. I got here and that was it."

He said that Palace HART relieved some of the stress he would have otherwise dealt with.

"It was just so easy to transition," he said. "I was under enough stress when all of this was going on. I had a lot on my mind and they took care of everything."

He said the program helped him transition back into "normal life" again. "It allowed me to be more independent at first, you know, getting back into

having a normal life, instead of sitting at home all day, like I could have," he said. "In the long run, I think it helped me a lot, because if I didn't have a job in the military, then I guess I would have been chillin'. I can't do that, I'm too young, I have to stay busy."

The road to recovery has and will continue to be a long one, and Mr. Kolfage says he couldn't have done it alone.

"The Air Force helped me greatly with funds and assistance with my family and taking care of all the logistics," he said. "And I couldn't have done this without my wife, Nikki, period. It wouldn't have been this easy. I mean, she took care of me in the hospital, doing what the nurses do. It was hard enough doing it with her, I couldn't imagine doing it without her."

Even though he is still not fully healed, he finds a way to smile.

"Right now I have prosthetic legs," he said. "They start real short, at 4 foot 7 inches and every month they add a few inches to your legs. By the time I'm done, in November, I'll be about 5 foot, 10 inches. I used to be 6 feet 2 inches, but it's all good."

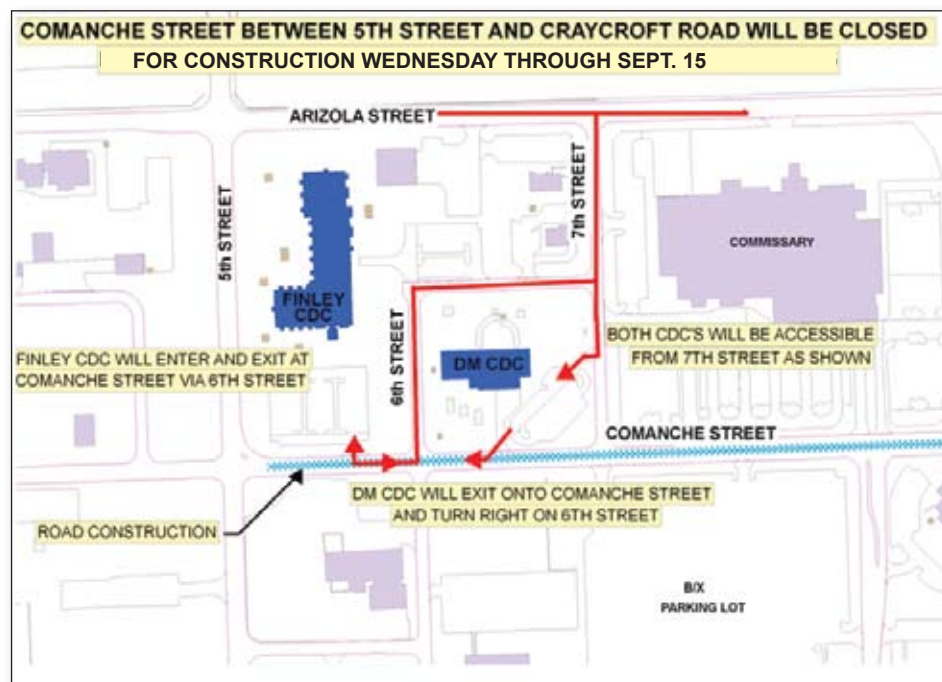
Even though Mr. Kolfage will never be the same again, he maintains a positive attitude.

"Many people have asked me how bad I want my legs back," he said. "After seeing and experiencing all these horrific, life-changing situations I would not want them back. I would not be the person I am today and know what I know now, if this never happened to me.

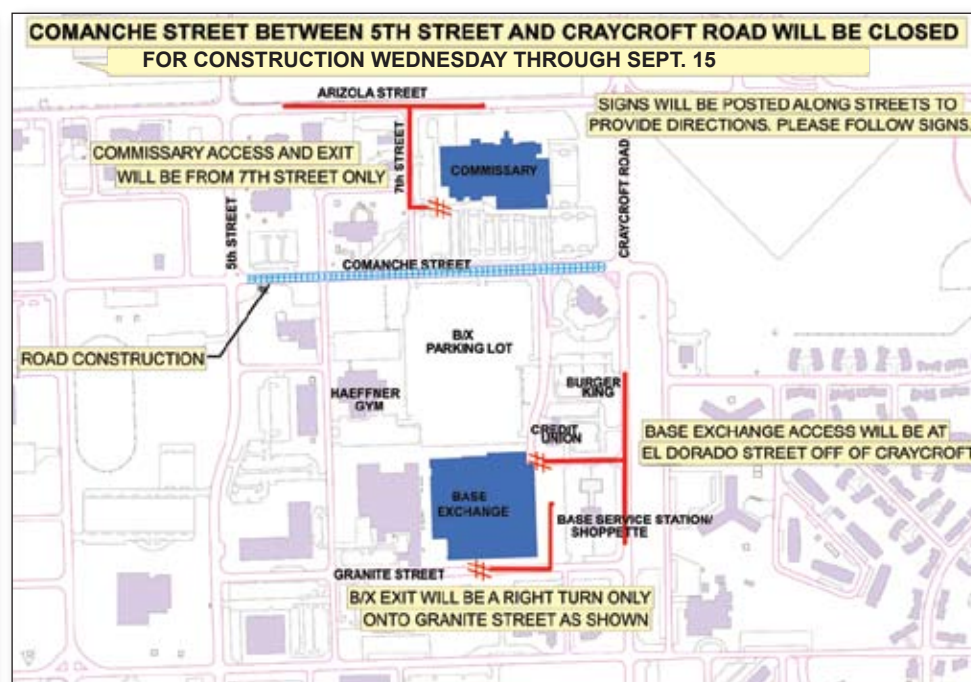
"Your limbs are not a necessity to function and live normal in society. You just have to be very creative and patient and you will learn new ways to overcome obstacles and eventually you will be able to do everything you have done before. It may sound cliché but, if you put your mind to it, you can do anything you want."

And for many other injured veterans, Palace HART is helping ensure they can accomplish their goals as well. For more information about the program call the Family Support Center at 228-6047.

Child Development Center detours



Commissary/Base Exchange detours



Road closure

The second phase of construction along Comanche Street is scheduled to begin Thursday and will continue through Sept. 15. Comanche Street will be closed to traffic from Fifth Street to Craycroft Road during this time. Access to the Davis-Monthan Commissary will be from Seventh Street at the west entrance to the commissary parking lot. New stop signs will be placed at the Arizola Street/Seventh Street intersection changing this intersection to a four-way stop. Everyone must be aware of this change to traffic control signs. Access to the D-M Base Exchange will be from Craycroft Road to El Dorado Street (at the Base Service Station/Shoppette). All traffic exiting the base exchange will be required to proceed south from the parking lot along the east side of the exchange and exit onto Granite Street, making a right turn to the west only. Exchange traffic cannot exit onto El Dorado Street in front of the base service station/shoppette. Child Development Center patrons can contact the CDCs for access information.

Crime & Punishment



Davis-Monthan Security Forces incidents from July 11 through 23

Theft of personal property

An airman first class reported theft of a mirror from her 2000 Pontiac Grand Am. Investigation revealed unknown person(s) cut the electrical wires and removed the vehicle's passenger side mirror.

Theft of AAFES property

An Army Air Force Exchange Services store detective notified the Security Forces Control Center they had detained an AAFES employee for theft. Tucson Police were notified. Investigation revealed the detective observed the employee concealing merchandise in his clothing and a trash bag. Tucson Police cited the subject and Security Forces issued a Loss of Privileges letter and escorted him off the installation.

Driving under the influence

A Security Forces Patrolman notified the SFCC that a vehicle was attempting to enter the Swan Gate and struck the curb to the in-bound lane. Security Forces approached the civilian's vehicle and upon questioning the driver detected an odor of alcohol and slurred speech from the individual. Tucson Police were notified. Security Forces and Tucson Police conducted field sobriety test on the driver, which he failed. Tucson Police arrested

the driver and transported him to Pima County Detention Center.

Shoplifting

An AAFES store detective notified the SFCC they had detained the spouse of a technical sergeant assigned to the Air National Guard for shoplifting. Investigation revealed the spouse attempted to change the price on an item from \$638 to \$143. Tucson Police were notified and they cited the person for shoplifting. Security Forces issued a Loss of AAFES Privilege letter.

Civil incarceration

Tucson Police notified the SFCC they arrested a senior airman assigned to the 355th Aircraft Maintenance Squadron for attempting to assault a police officer. The Airman was transported to Pima County Detention Center for processing.

Domestic violence, assault

A staff sergeant assigned to the 355th Services Squadron and his spouse were involved in a verbal altercation, which escalated into both parties striking each other. Tucson Police were notified, arrested both people and transported them to Pima Detention Center.



Photo by Airman Alesia Goosic

Senior Airman Jonathan Niemeyer safety wires a propeller of an EC-130 in the Isochronal Inspection Hangar at Davis-Monthan July 18. Airman Niemeyer is an aerospace propulsion apprentice assigned to the 355th Equipment Maintenance Squadron.



Photo by Airman 1st Class Veronica Pierce

Airman Nick Sinwell and Staff Sergeant Sam Gaare install safety wire on the dome of the propeller of an EC-130. Both Sergeant Gaare and Airman Sinwell are part of the 355th Equipment Maintenance Squadron isochronal inspection section at Davis-Monthan.



KEEPING THE MISSION GOING- 355th Equipment Maintenance Squadron

These Airmen are a part of the EC-130E/H Isochronal Inspection Section, also known to maintainers as the ISO, located in Hangar 129 at Davis-Monthan.

According to the 355th Equipment Maintenance Squadron Web site, the ISO team conducts time inspections on all EC-130E/H aircraft assigned to the 355th Wing.

Following technical data, they conduct all minor and major inspections on all the aircraft once a year.

During their inspections, they identify and fix broken parts and conduct preventative maintenance.

In all, the team is responsible for

examining more than 1,400 carded items.

After the team completes their inspections, the 355th Maintenance Group Quality Assurance inspectors conduct a thorough assessment of what has been done.

The QA team examines carded items, they look for foreign object damage, and they examine house-keeping and aircraft forms.

After the inspection is complete, the aircraft is operationally checked and returned to duty to complete the mission.

(Editor's note: Information from the 355th Equipment Maintenance Squadron Web site was used for this article.)



Photo by Airman Alesia Goosic

Airman First Class Jeremiah Smith reinstalls splice panels on an EC-130 in the Isochronal Inspection Hangar at Davis-Monthan July 18. Airman Smith is a C-130 crew chief assigned to the 355th Equipment Maintenance Squadron.

Air Force informs on force-shaping strategies

Master Sgt. Mitch Gettle

Air Force Print News

WASHINGTON -- Air Force officials recently announced new force-shaping initiatives to meet the 2007 fiscal year end strength numbers.

The new initiatives are designed to bring the officer numbers down as the enlisted end-strength numbers are on target for 2007. Officials said more than 8,000 officers must separate either through normal attrition, retirement or force-shaping measures to achieve the required balance in force.

"It's important to keep in mind what force shaping is all about," said Lt. Gen. Roger A. Brady, deputy chief of staff, manpower and personnel.

"We have to balance our (force) for now and the coming years to have the kind of force we need to win the long war we are in."

The Air Force will look for volunteers but will also initiate involuntary shaping programs to achieve a balanced force. The force-shaping program maximizes the Air Force's voluntary separation authority and also allows implementation for involuntary shaping programs as required.

The 2007 force-shaping program begins with three tools to lower the number of active-duty officers. These three initiatives are Voluntary Separation Pay, Selective Early Retirement Board and a fiscal 2007 Force Shaping Board. Under U.S. Code Title 10, the Secretary of the Air Force has authority to use these

force-shaping tools.

The VSP incentive will be offered to Line of the Air Force officers and Chaplains with more than six and no more than exactly 12 years of service to encourage their separation, General Brady said.

The Air Force needs approximately 3,200 officers meeting these criteria to separate. Eligible officers may apply for VSP, starting Monday. Dates of separation must take effect between Oct. 1, 2006 and Sept. 29, 2007. Applications for VSP will not be accepted after Jan. 31, 2007.

Officers who are approved for VSP will enter into a written agreement to serve in the Individual Ready Reserve for a period of three years following separation. Officers that have an existing military service obligation at the time of their separation will fulfill it in the IRR along with the additional three-year commitment. Officers meeting the above time-in-service criteria may contact their MPF for more details.

The Air Force seeks to retire 313 line officer lieutenant colonels who have been twice deferred for promotion or colonels with four years time in grade that are not general selects. Officers that have a voluntary retirement date or a mandatory retirement date for length of service will not be considered.

The Air Force must plan for a SERB for 2007 to meet this shaping objective.

"The officers that fit this category have already been notified," he said. "If we get enough volunteers for retirement, we will not hold the SERB."

A SERB has been scheduled for Jan. 8 to 19, 2007.

The Air Force will also hold a fiscal year 2007 FSB. This board will evaluate officers who have not completed more than five years commissioned service. The board will consider officers in selected, over-age career fields in the 2003 and 2004-year groups. However, for the 2003-year group, the board will only consider those career fields that were excluded from consideration from the fiscal 2006 FSB.

The Air Force projects more than 900 losses as a result of the 2007 FSB, which is scheduled for March 12 to 23, 2007.

Another tool the Air Force uses to balance the force is recruitment.

"In Force Shaping, we will lose some very talented people. But the reduction in size is also about losing manpower authorizations to help get the right number of people with dynamic skill sets," General Brady said. By recruiting less into the Air Force, this eases the burden of having to get rid of quality individuals, he said.

This new Force Shaping message supercedes prior messages. Other force shaping programs such as "Blue to Green," Palace Chase, Career Job Reservation (for enlisted) and Enlisted Retraining Program are still in effect.

For details on force-shaping initiatives, visit www.afpc.randolph.af.mil/retsep/forceshaping/shape.htm or call the Davis-Monthan MPF at 228-4425.

Chaplain offers couples, families encouraging tips

By Chaplain (Capt.) Randy Croft

355th Wing Chapel

In 1962, NASA lost \$18,000,000 over something as small as a hyphen. The Mariner 1 was to be the first U.S. spacecraft sent to explore the planet Venus. However, instead of going to Venus, the rocket crashed into the Atlantic Ocean.

What went wrong?

A missing hyphen. A vast amount of computer-based data was fed into the computer-based guidance systems to help steer the rocket through the first part of flight. Shortly after launch, however, the rocket and guidance system lost communication. Although the rocket veered off course, a hyphen in the instructions was necessary to keep the rocket from spinning way off course. There was no hyphen, and the computer sent course directions it shouldn't have. Mariner 1 had to be destroyed.

A reporter who followed up on the event said that it was an odd story that reflected on humans. "The rocket was primed for a 180,000,000 mile trip, and stumbled over something this long [hyphen]," he said.

Marriages are no different.

Miscommunication happens frequently and couples inevitably send wrong signals. Frustration grows into outrage, alienation, and dangerous escalation. Mind games, and put-downs take the marriage off course, and then feelings of resentment and anger brew.

Ironic that even in our advanced and enlightened age, we're still entrenched in the Battle of the Sexes, Marital Guerilla Warfare, Couple Close-Combat Conflict.

During a battle in Vietnam, two young men were in the thick of the fight with bullets flying about, shrapnel bursting overhead, and occasionally a grenade exploding nearby. One of the young men, terrified by the situation, gasped, "Isn't this awful?"

The other replied, "Oh, not really. It just reminds me of home."

Every healthy relationship has some conflict.

Marriage therapists and counselors have noted that a lack of conflict can actually be more dangerous than moderate conflict, because it reveals potential signs of alienation or lack of assertiveness by one or both partners. If you have a mind of your own, you will likely see things differently from your partner. This helps explain why quick-to-the-altar marriages have such a high burnout rate. They didn't have enough practice working through differences, disagreements and conflict.

According to Diane Sollee, founder of the Coalition for Marriage, Family and Couples Education, LLC (CMFCE), "Every happy, successful couple has approximately ten areas of 'incompatibility' or disagreement that they will never resolve." In other words, it's possible to disagree with your partner and still have a rewarding and satisfying relationship.

Whether it's the worldwide battle over the toilet seat (left up or down), or major differences in child raising and core values, couples can, nonetheless, build healthy marriages with conflict. The difference all lies in "how" the conflict is dealt with among the partners.

Conflict is unavoidable, but fighting is optional.

Couples need to learn how to handle conflict in order to thrive. Most people learn when to give their cars a good tune-up and maintenance check. The same principle applies to relationships. When discord is the name of the game, couples need to look seriously into preventative maintenance.

Chaplain (Lt. Col.) Daniel Figueroa, 355th Wing

Chaplain, advises couples to see their relationship as an "investment" that will increase in value over time. It is never too late to begin. The return will be far greater than any material or financial holdings.

Below are five essential ingredients needed to help marriages weather conflict and discord:

"Win-Win" versus "Win-Lose"

Conflict involves two or more people. It only seems like the other one is the stubborn or unreasonable one. There are blind spots in everyone.

In the October 2000 issue of the *Journal of Sex & Marital Therapy*, learning "how to argue" is one of the most effective ways to improve a relationship. It's not about who wins — a battle to denigrate and destroy the opposition. Both end up losing in the "win-at-all-costs" mêlée. Even if you win the fight, your partner loses, which in turn hurts your relationship, builds up resentment and alienation.

Instead, couples should look at problems as a team instead of individuals fighting to win. The most troubled relationships often find men using force or strength as leverage, while women tend to withhold sex/affection or resort to verbal attacks. None of which is productive.

In a "Win-Win" marriage, both partners can be assertive and vent their frustrations, but couples do so in an atmosphere of loyalty. They have an attitude of "Win-Win" that says "We're going to work out our issues together." That's where the marriage vow "for better or for worse" gets its mileage.

Take "Two-of-You" Every Day

New York psychologist and marital therapist, Ellen Wachtel, advises couples to set apart 15 to 20 minutes every day for "two-of-you" time. While not always possible, couple time ought to be guarded closely. Many couples schedule their date nights or spouse together time in their daily planners. They keep the busy from crowding out the necessary.

My wife and I learned this tip several years ago and found it to be a major uplift in our marriage. My two boys would often meet me at the door after work ready to play baseball or soccer, but they quickly learned some great new rules of the house — "Daddy and Mommy time" known now as "Dad and Mom time." The first connecting when I get home goes to my spouse. We spend 15 minutes on a walk, or sitting outside on a bench, or on the couch talking. No interruptions by the kids. We guard the "two-of-you" time. When our hearts are tuned into each other, we're better spouses and better parents.

What can you talk about? The day, events, stresses — the good, bad, and ugly. Couples are then more perceptive to the mental and emotional needs of their partner, and should be able to communicate better. If your partner has had a rugged day at work or with the kids, a few minutes of listening and connecting will build a stronger emotional connection, and keep the frustrations from building a wall of discord.

Now obviously, it won't always work with military schedules, temporary duties and deployments, but intentional effort is crucial for couples to reap the benefits. "Two-of-you" time matters.

Now or Later?

One of the spiritual principles that helps many couples handle conflict deals with the importance of dealing with today's issues today.

Paul wrote in *Ephesians 4:26* "Do not let the sun go down while you are still angry."

Dr. Howard Markman, founder of the highly acclaimed *Prevention and Relationship Enhancement Program* (PREP) approach advises a structured time for couples to deal with issues beyond the daily com-

munication that takes place.

Let's say that your "issue" time is an hour every Saturday morning. This helps prevent the daily and frequent arguing that plagues many marriages. Some conflicts can be pushed off until later. If there's disagreement over the budget, the couple can agree to deal with it during their "issue" time the coming Saturday. They can then enjoy the rest of the week without fighting about money at the restaurant, the grocery store, or mall.

However, if a couple can't get past their discord without a build up of anger and bitterness, they should deal with it sooner rather than later.

I remember sliding into bed ready for a quiet night of sleep when I felt a jab in my side 20 minutes later. Evidently I said something over dinner that bothered my wife and she couldn't sleep. I didn't pick up on the clues that evening, so she let me know that she was still hurt. We decided to go out into the living room and talk over what happened earlier (never use the bedroom for any major conflict management). We spent about 30 minutes talking and listening to each other in order to understand where we got disconnected. Yes we lost some sleep, but we also kept anger from carrying into the next day. The *Ephesians 4* principle staved off growing resentment or alienation.

Anger and bitterness are death to a marriage. Unchecked resentment only deepens the scars. Dr. Markman's research points out that the happiest marriages learn how to keep their marital issues from escalating. No marriage is perfect, but healthier marriages learn anger containment.

Ditch the "D" word

Every marriage can improve. Every couple can learn better ways to communicate and handle conflict. Research points out that even severely wounded marriages can be repaired if the couples know that they are working on issues in a framework of loyalty, trust, and forgiveness. "Till death do us part" takes on a very real promise of application.

However, couples will often throw out the "divorce" or "separation" words as a manipulation or threatening tool in verbal warfare. These terms are very real attacks to the very foundation of trust and loyalty, and marriages just can't survive without a deep mutual assurance of loyalty.

Sometimes couples don't really want a divorce, they simply haven't learned how to be assertive and forthright. Don't throw out the foundation of the house unless every other form of intervention fails. You might need to learn new ways to communicate your concerns. Whenever the "D" word surfaces, it's time for some serious marital intervention.

Marriage Tune-Up

Just as the oil in the pickup needs changing every 3,000 miles, marriages need preventative maintenance. They need tune-ups. It might be a weekend getaway. It might be a marriage workshop, or buying some marriage enhancement workbooks that help stir the creativity and romance. It might take counseling.

Plan some extended time with your partner to check the pulse of your own relationship and conflict management styles. Do you know how to argue with your spouse? Are the differences short-term issues or long-term problems? Are you committed to working through conflict as a team? Are there growing resentment or trust issues?

If the wounds of alienation are deep or severe, take action. People can schedule a tune-up through several agencies on base: The Family Support Center at 228-5690, the Chaplain at 228-5411, Family Advocacy at 228-2014, and militaryonesource at 800-342-9647.

Sgt. Noah Tall



Answers all your little Air Force questions:

Helmets

Dear Sgt. Noah Tall,

Every time I wear my helmet when riding my motorcycle, I get mad. Not only does it ruin my hair, but it also seems pointless. Can you explain the point of helmets and personal protective equipment?

Signed,
Airman Helmet-Head

Airman Helmet-Head,

The point of motorcycle helmets, eh? I never thought I'd need to answer such an obvious question. Thanks for making my job a little easier.

Well, first it's mandatory.

Second the helmet serves to protect the brain you have somewhere inside your head. And the other personal protective equipment helps to reduce the chance of losing or harming other body parts.

Since October 2005, 26 Airmen from Davis-Monthan have been part of some kind of motorcycle incident.

The incidents varied from a fractured toe to head injuries.

Aside from one fatal incident, where the Airman was wearing his helmet, all others are still alive and well because of the PPE they wore on- and off-duty.

Though D-M has only lost one Airman, the Air Force has lost more than 10 since October 2005. This doesn't include all of the injuries. Thanks to the mandatory wear of PPE, more Airmen are walking away from motorcycle incidents.

So just wear it and fix your hair, it's a mess.

Sgt. Noah Tall

Final Answer — If you could have any Air Force job, what would you want it be?



Tech. Sgt. Antonio Goldstrom
355th Operations Group

"First Sergeant, to effect change and help people."



Airman 1st Class Jamie Trimble
355th Logistics Readiness Squadron

"F-22 pilot, because it's one of the latest technologies."



Airman 1st Class Jesse Shipps
355th Communications Squadron

"Yours, because my career field is being downsized."



Sgt. Reider Carlson
U.S. Army

"A linguist, so I could learn more about other cultures."

Photo Caption Contest

Last week's photo



Courtesy photo
"Tryouts for the Navy Seal Water Ballet Team are in full swing as they prepare for an upcoming competition."
— Tech. Sgt. Chris Rebeck,
355th Maintenance Group

This week's photo



Courtesy photo

Got an idea or response?

To submit a caption for the Photo Caption Contest, ask Sgt. Noah Tall a question or give ideas, send an e-mail to desert.airman@dm.af.mil by noon Tuesday.

Retiree News

A Supplement to the Desert Airman

Friday, July 28, 2006

News Notes

Retiree activities office move

After many years of being located at 5345 East Madera Street, the Retiree Activities Office is going to move because the present location building is to be torn down. While the new location for the RAO is not yet firm, the move will most likely occur sometime this fall. The Volunteer Income Tax Assistance program and the Society of Military Widows will be moving with the RAO. Phone numbers are expected to remain the same, 228-5100 (RAO), 228-4389 (VITA). So don't be surprised the next time you want to visit the RAO that the location may have changed.

Volunteers needed

The Retiree Activities Office is in need of volunteers, especially with regular volunteers away on vacation. Anyone with free hours is encouraged to contact the RAO and indicate interests and talents for volunteer service. If the RAO does not have placements of interest, volunteers will be referred to other agencies such as family service, the medical clinic, or the Veterans Administration, all welcome willing volunteers. One clinic position that needs filling is in Bioenvironmental Health on the 3rd floor of Bldg. 4220 (volunteer will need to be able to climb the stairs). The volunteer would do administrative duties such as answering the phone, filing, and typing. For this position, contact John Jacobson, 228-2500. For more information, call the RAO at 228-5100 and leave a message, send an e-mail to RAO@dm.af.mil, or visit 5345 East Madera Street.

Retiree orientation

The retiree community is encouraged to mark their calendars for a retiree appreciation/orientation day scheduled for Thursday, Nov. 2, 2006, 9 am to 4 p.m. at the Mirage Officer's Club. The guest speaker will be Katherine O'Neill Tracy, U.S. Navy, Ret., Deputy Director, Benefits Information Dept., Military Officers Assoc. of America. In addition, other speakers will present on national legislation, health care, and base services such as the Base Exchange and commissary.

For more information and to sign-up, contact the Retiree Activities Office at 228-5100 or e-mail to RAO@dm.af.mil.

Actions to prevent identity theft

In May, the Department of Veterans Affairs records of veteran information were stolen in a burglary. This is just one of a series of incidents alerting us to the need to do our part to limit liability in case we are so unfortunate as to be targeted by thieves.

The following are actions to take to make it harder for thieves to steal from you:

- Shred mail and other paper that contains your name and any numbers such as bank account and Social Security before discarding in the trash.

- The next time you order blank checks, have only your initials and last name put on them so if they are stolen, thieves won't know how you sign your name. Use work phone and P.O. Box address on checks if you have these. Don't have your Social Security account number printed on your checks.

- Check credit card bills and bank accounts closely to be sure all information is correct. When writing checks to pay credit card accounts, put only the last four numbers of the account on the checks.

- Photocopy the contents of your wallet and keep this copy in a safe place in case you should need it. Be sure and copy the fronts and backs of cards.

- When traveling, photocopy your passport and keep a copy in a location separate from the

passport to make it easier to replace a passport if stolen.

If your wallet is ever stolen or if you suspect you are a victim of identity theft, immediately:

- Call to cancel and close credit card accounts. If you've copied the fronts and backs, you have the phone numbers to do this. If you have reason to believe your bank accounts are threatened, close the accounts.

- File a police report in the jurisdiction where the theft occurred.

- Contact the three national credit-reporting organizations to place a fraud alert on your name and Social Security number. Also, alert the Social Security Administration fraud line.

The numbers to report fraud are: Equifax at 1-877-576-5734, www.equifax.com; Experian at 1-888-397-3742, www.experian.com; Trans Union at 1-800-680-7289, www.transunion.com; and the Social Security Administration fraud line at 1-800-269-0271.

Monitor your credit reports frequently. With a fraud alert on your file you can get free reports every 6 months. As an alternative, since you can get a free credit report every year from each company, stagger your requests for a credit report every 4 months.

For example, request from Equifax in June, from Experian in October, and from Trans

Union in February.

Other useful agencies to contact regarding fraud prevention include:

- The VA is providing information through the www.firstgov.gov Web site and through a call center that can be reached at 1-800-333-4636.

- Federal Trade Commission – www.consumer.gov/idtheft or 1-877-438-4338. The FTC mailing address is: Identity Theft Clearinghouse, FTC, 600 Pennsylvania Ave. NW, Washington D.C. 20580. File a complaint if you've been a theft victim.

- FBI Tip Line – 1-800-Call FBI (1-800-225-5324). Call if have information about the VA theft.

- Better Business Bureau – The BBB's mission is to promote and foster the highest ethical relationship between businesses and the public. The local BBB Web site is www.tucson.bbb.org.

- Arizona Attorney General's Office – www.ag.state.az.us.

- American Association of Retired Persons – www.aarp.org. AARP provides seniors with information on financial planning, using home equity, avoiding fraud, and consumer rights.

(Editor's note: These suggestions were gleaned from various sources including the Internet, newspapers, and the Pima Council on Aging newsletter.)

Club offers less expensive NY lodging

A vacation to New York City is just plain expensive. For service members and their families, including retired members, who are looking for a no frills place to stay, there is a way around it.

The Soldiers', Sailors', Marines' and Airmen's Club, originally dubbed the Servicemen's Club, located in the Murray Hill section of midtown Manhattan, offers lodging more affordable than most youth hostels, and its close to the Theater District, the Empire State Building, Radio City Music Hall and affordable restaurants. The SSMA Club was founded in 1919 to accommodate servicemen re-

turning from overseas duty in World War I.

The cost is \$25 a night per person. Guests can either have their own room or they might have to share a room with other guests in the 79-bed facility. It offers a library with two Internet stations, several large event rooms, a television room and a dining room with a microwave oven and toaster grill. While this may sound great, guests need to know it is not the Waldorf or the Ritz.

More information on the club is available at <http://www.ssmclub.org>.

(Air Force Personnel Center Release No. 4-08-06)

Are you prepared for emergencies?

While we are very fortunate here in Arizona not to be affected by widespread natural disasters, if you don't count extreme heat, fires, thunder and windstorms (micro bursts), and etc., it is still a very good idea to plan and be prepared for natural disasters.

Disasters are often unexpected and the well being of your family can depend on how prepared you are. Some steps that can be taken now can prevent or lessen the impact a natural or man-made disaster can have on your family.

- Keep important documents and papers together. Some sort of fireproof safe or box that can survive some damage in your house, but can also be put in the car is a good idea. Documents to be kept in one place include wills, birth certificates, passports, social security cards, deeds, bank account numbers, credit account numbers, insurance policies, and an inventory with photos for use in insurance claims.

- Plan for the types of disasters for our area. For example, severe wind could cause damage to your home. Do family members know the safest areas of your home? Since fires can occur anytime, check the batteries in your smoke detectors once a month and replace them once a year. Have an escape plan in case of fire and be sure all in the household know the plan.

- Prepare a supply kit. During disasters it is often unpredictable how long power will be out and what facilities will be available. The sup-

ply kit should include plenty of drinking water, nonperishable food, flashlights, a battery- powered radio, and a first aid kit. If pets live in the home, be sure and plan for them. Don't forget to use and restock supplies periodically so they are usable.

- Have two meeting areas outside your home. One local and one should be outside the potential disaster area. For fires and other damage to your home, a place nearby is needed. If you have to leave the city, you should have a plan for where you will go. Have one family member/friend outside the local area as the contact person each family member can call to report in with and to find out about other family members.

- Know where the shut-off valves are for your utilities.

- And finally, make a list of things that are important to you to take if you have to vacate your home for a period of time. The list might include your disaster supply kit, clothing, cell phone and charger, extra batteries, photos and selected mementos, medical records, medications, and address book. Such a list means less time will be spent during the emergency trying to remember what is needed.

Hopefully you will never need to use disaster planning, but having a plan makes for some peace of mind.

(Adapted from the Sheppard Air Force Base Retiree Newsletter, February 2006)

Evaluating internet health info for scholarship program

Many people search the Internet to find information about medical problems and health issues. However, not all health information on the web is of equal quality. How do you find websites that are accurate and reliable?

The following questions may be useful to consider when you look at a health-related Web site:

- Who is responsible for the content? Is it a government agency, national nonprofit organization, or professional association? An individual? A commercial organization?

- If you are reading a particular article, what are the author's credentials? Is the author affiliated with any major medical institutions?

- Who reviews the material? Is there a medical advisory board that reads the medical content before it is made available to the public?

- Are sources cited for the statistical information? For example, it's easy enough to

say "4 out of 5 doctors agree..." but where did the statistic come from?

- Is the purpose and goal of the sponsoring organization clearly stated?

- Is there a way to contact the sponsor for more information or to verify information presented?

- Is the site supported by public funds or donations? If it includes advertisement, are they separate from content?

- Because health information gets outdated so quickly, does the Website post the source and date for the information?

- If you have to register, is it clear how your personal information will be used? Does the site have a clear privacy policy?

- Is the Website trying to sell you something?

Don't forget to talk with your doctor about what you've learned online.

(The Pima Council on Aging newsletter, Never Too Late, May 2006)

TRICARE mail order pharmacy

If you live some distance from a military installation, take maintenance medications, and want an alternative to the local retail pharmacies, then the Tricare Mail Order Pharmacy (TMOP) may be for you.

Express Scripts Inc. currently manages the TMOP. Registered pharmacists check your medication history to avoid potentially adverse drug interactions. When you use the TMOP, you don't need to travel to pick up and wait for prescriptions. The TMOP saves you money since you can order up to a 90-day supply of maintenance medications for the same cost as a 30-day supply through a retail network pharmacy.

The first time you use the TMOP

you must fill out a TMOP mail-order registration form and send it to Express Scripts at the address below along with your prescription and co-payment. You can also use the Web site listed below to print forms to register, to fill new prescriptions and to check your order status.

Ask your provider to write a prescription for up to a 90-day supply with up to three refills if possible. If you must begin a medication right away, ask your provider for 2 prescriptions, one for a month's supply to be filled locally and one for a long-term supply for filling through TMOP.

You may refill your prescriptions by mail, phone or by visiting the

Express Scripts Web site at www.express-scripts.com at least two weeks before the prescription runs out. The TMOP will deliver your medications usually within 14 days from the date the TMOP receives your request. If you forget you can request expedited shipping for an additional charge.

To contact Express Scripts Inc call 1-866-363-8667 or 1-866-275-4732. The hearing-impaired call 1-877-540-6261. You can use these numbers to speak to a registered pharmacist. You can write to Express Scripts at P.O. Box 52150, Phoenix, AZ 85072-9954.

(Air Force Personnel Center Release No. 4-15-06 and Tricare Fact Sheet, May 16, 2006)

Useful information

Job for retired couple

An older couple is looking for a retired couple ages 50 to 65 to assist them in taking care of them and their home.

The home is on 5 acres on the far eastside. A modern one bedroom furnished on site guesthouse and salary are provided.

If interested and for more details, call 296-9127.

Arizona smoker's helpline

The Smoker's Helpline is a service provided by the Arizona College of Public Health and funded by the Tobacco Tax and Health Care Act for Arizona tobacco users.

The service is free for those who want help quitting tobacco.

The Helpline offers phone counseling in English and Spanish, self-help booklets, support by trained professionals, and referrals to local services.

For information on how to quit or for details on different services, visit www.ashline.org, call, 1-800-556-6222 or e-mail ashline1@u.arizona.edu.

Society of military widows

The Society of Military Widows meets for lunch, business meeting, and a program monthly at noon on the third Saturday at the Mirage Officer's Club. Call Mary Taylor-Bernhardt, 546-7934, or Pat Shecter, 574-5338, for reservations and information. Widows of all service members whose husbands died on active duty or in retirement are eligible to

join. The National Society of Military Widows will be holding their annual convention in Branson, MO, October 17-22, 2006. Tucson chapter members are very involved in hosting the convention since four of the current national board members are from Tucson. Information on joining SMW is available at the RAO, 228-5100.



Sonoran Spotlight

*(Editor's note: Sonoran Spotlight is a weekly feature of the **Desert Airman** profiling the Desert Lightning Community — officer, enlisted or civilian — of Davis-Monthan.)*

*This week's Sonoran Spotlight is **Airman 1st Class Isaac J. Shapiro**, with the 355th Equipment Maintenance Squadron. Airman Shapiro is a survival equipment technician. Airman Shapiro has been in the Air Force for one year. According to Tech. Sgt. David R. Hernandez, 355th EMS survival equipment chief, he was nominated for the spotlight because he "is a sharp young troop who consistently displays leadership attributes, which will make for a genuine leader in the future. As the survival equipment section chief, I can honestly say he is a pleasure to supervise and wish him continued success in his Air Force career."*

Airman Shapiro provided the following insight:

Career goals: Get my commission and retire after 20 years.

If you were an Air Force recruiter, what would you tell people about the Air Force?

It's not for everyone, you have to want to be here and if you want to be here, then most likely you will enjoy it.

If you were the base commander, what would you change? I'd want the Airmen to know me as something other than just their base commander.

Your most memorable moment in the Air



Photo by Airman 1st Class Clark Staehle

Force? Probably the first day of Basic Training
Name someone who inspires you (or that you admire) and why: My grandfather. He first joined the Army when he was 14 years old, then when they found out his age, they discharged him. Then he came back in at 18 years old. After the military, he worked for the city of Denver for 34 years. He recently passed away. He wasn't the richest or most powerful man, yet it seemed that everybody had their own story of him. He had a legacy of hard work and for that he earned respect.

Volunteer opportunities

Bikes for veterans

Air Force Sergeant's Association Chapter 1261 is hosting a bicycle round-up for veterans. The goal is to get 30 bikes by December. For more information or to donate a bike, call Tech. Sgt. George Roach at 228-6211 or Master Sgt. Ross Bridge at 228-7501.

Outdoor Recreation

The Davis-Monthan Outdoor Recreation is seeking volunteers who enjoy the outdoors. The following are some of the volunteer opportunities currently available:

- ◆ Grand Canyon Camping: One volunteer is needed to drive a van and help set up during Labor Day weekend, Sept. 1 through 4.
- ◆ Trail Rides: One volunteer is needed to drive a van and help with the cookout Oct. 14 and Nov. 4 at Fort Huachuca.
- ◆ San Diego Deep Sea Fishing: Two volunteers are needed to drive, check into hotels, check in at the fishing charter and other tasks Nov. 10 through 12.

For more information, call Kat Nikola at 228-3736.

Intramural volleyball

355th CS steps up, tops 755th OSS 25-21



Reach!

Photos by Senior Airman Christina Ponte

David Wilson, 755th Operations Support Squadron team, spikes the ball while Michael Patterson, 355th Communications Squadron team, prepares to return it during an intramural volleyball game at the Sports and Fitness Center July 19. Volleyball intramurals is divided into a Monday/Wednesday league and a Tuesday/Thursday league. As of Monday, the 355th Medical Group and the 12th Air Force are tied for first place in the Tuesday/Thursday league with three wins and zero losses. The 355th Security Forces Squadron is in second place with three wins and one loss. Playoffs are scheduled to begin Aug. 9.



Stretch!

Michael Patterson, 355th CS, jumps and returns the ball to players from the 755th Operational Support Squadron. As of Monday, the 355th Equipment Maintenance Squadron is number one in the standings with four wins and zero losses. The 355th Operational Weather Squadron is close behind with three wins and one loss.



Jump!

Eric Sylvester, 355th CS, hits the ball during an intramural volleyball game July 19, while David Ortegon, 755th OSS, prepares to return the ball. The 355th CS and the 755th OSS both participate in the Monday/Wednesday volleyball intramural league.

USAFE

First football players, coach reunion approaches

by Margo Turner

316th Wing Public Affairs

ANDREWS AIR FORCE BASE, Md. (AFPN) -- Servicemembers who played for the U.S. Air Forces in Europe football team will gather together with their teammates at a reunion at Andrews Air Force Base, Md., Sept. 1 and 2.

The reunion will be a celebration for the men who competed against each other on the football field while serving their country, said Tech. Sgt. Scott Thomas, reunion coordinator. Sergeant Thomas is assigned to the Headquarters Air Force Office of Special Investigations.

Sergeant Thomas said he played football for USAFE during the early 1990s when he was stationed at Hahn Air Base, Germany, and then at Royal Air Force Lakenheath, United Kingdom.

"I have lasting friendships and great memories of playing the game I love while living overseas and serving my country," Sergeant Thomas said.

United States Air Forces in Europe football was established in Germany in 1946 to provide entertainment for Air Force members and their families, civilians and other servicemembers assigned to Air Force bases in Europe, said Tomas

Villegas Jr. of the USAFE Sports Program.

Mr. Villegas said USAFE football comprised eight teams in the Continental Sports Conference, eight teams in the United Kingdom Sports Conference and two teams in the Mediterranean Sports Conference.

"Games were played on Saturdays, Sundays and some American holidays under National Collegiate Athletic Association football rules," Mr. Villegas said. "The crowds on any given Saturday or Sunday numbered 10,000 or above depending on the teams playing."

Mr. Villegas said USAFE football

ended in 1993 because of the reduction of U.S. forces in Europe, base closures and the end of the Cold War. Rhein-Main won the championship game that year by defeating Lakenheath.

He encourages former USAFE football players, coaches and referees to register for the reunion. The cost is \$100 per person, but will increase to \$125 after Tuesday. The reunion will include an ice breaker reception, flag football game, barbecue and dinner banquet.

For more information, call Sergeant Thomas at (301) 576-0891 or e-mail him at scooterx40@yahoo.com.

Sports Shorts

Flag football, cheerleader registration

The Davis-Monthan Youth Center will be accepting registration for the Flag Football Program, including Flag Football Cheerleading, for ages 5 to 12 years, Tuesday from 6:30 to 8:30 p.m. and Aug. 19 from 1 to 4 p.m.

The registration fee is \$30 for members and \$35 for non-members.

Parents must bring a copy of their child's birth certificate and a current sports physical to register.

For additional information on parent meeting dates, coach training dates or volunteering, visit www.dmservicesonline.com or call 228-8373.

Parents can also pick up a copy of the Flag Football Program guide at the Youth Center.

Men's soccer tryouts

Open tryouts for the Davis-Monthan Men's Varsity Soccer team are every Tuesday and Thursday at 7 p.m. on the football field behind the Auto Hobby Shop.

All services, active-duty personnel, reservists, National Guard and their families, who are 18 years of age or older, are eligible.

For more information, call Benjamin Carpenter at 228-0006 or Tyler Brock at 228-7650.

Air Force Athlete of the Year nomination packages being accepted now

Nominations are currently being accepted for the Air Force Athlete of the Year award.

The Air Force annually recognizes both a male and female athlete who performs exceptionally.

To ensure all deserving athletes are considered, nominations must be sent to fitness functional managers at Air Combat Command Headquarters by Sept. 10.

Nomination packages must include essential background information on each athlete, to include full name, social security number, military address, home address and work phone numbers, military occupational skill, height, weight and date of birth.

Nominations must be submitted in the specified format.

Additionally, the package must include the following:

◆ A paragraph addressing athletic accomplishments, to include a list of sports, outstanding performances and/or records achieved during Armed Forces, national, international and CISM competitions from October 2005 through September 2006 (cite name of event, date and results). Athletic performances at local, regional or state levels may also be cited, as well

as the individual's contribution to team results. This paragraph addresses the most critical information used in rating candidates for the award;

◆ A separate paragraph should address military awards, honors and civic recognition during the award year. The concluding paragraph may list the preceding two years' athletic accomplishments and any additional information which may be of value in rating nominees;

◆ One 5-by-7 inch color head and shoulders photo of the nominated athlete in military uniform, and two 5-by-7 inch color action photos showing the nominee in some phase of athletic competition and

◆ A nomination letter signed by the nominee's commanding officer (minimum field grade officer).

The award presentation for the male and female Air Force Athlete of the Year will be held Nov. 14, in conjunction with the annual Air Force Athletic Business Conference in Las Vegas, Nev.

For more information, call Jill Gibson or Mike Skaggs at DSN 574-3423 or 574-9271.

Chapel Information

Services offered by D-M chapels are listed below. For more information on Jewish or Muslim services, Sunday School programs, Vacation Bible School, Bible studies, youth groups, and ministries, call 228-5411.

Worship schedule

Catholic

- ◆ Saturday Mass 5 p.m. at the Desert Dove Chapel.
- ◆ Sunday Mass 9:45 a.m. at the Desert Dove Chapel.
- ◆ Catholic Religious Education classes are held Sunday mornings from 8:15 to 9:30 a.m. in the Desert Dove and Hope Chapels. Registration is on-going and classes are held every Sunday that is not a holiday weekend.

Protestant

- ◆ Traditional Service is Sunday at 8:30 a.m. at the Hope Chapel.
- ◆ Desert Lightning Fellowship (Contemporary Service) is Sunday at 11:15 a.m. at the Desert Dove Chapel.
- ◆ Inspirational Gospel Service is Sunday at 11:15 a.m. at the Hope Chapel.

Dorm Worship Service

- ◆ CBNR (Church But Not Really) is a GenX worship service that meets in the Ground Floor dayroom (Dorm 4102), Saturdays at 6:30 p.m.

New Protestant service worship times

Beginning Aug. 6, all Protestant worship services will be held in the Hope Chapel as follows: Traditional service at 8 a.m., Contemporary service at 9:45 a.m., Gospel service at 11:30 a.m. Children's church will be held for smaller children during each worship service.

Christian Women's Luncheon

The Tucson Christian Women's Connection is sponsoring a luncheon Aug. 16 at the Radisson Suites Tucson from 11:30 a.m. to 1:30 p.m. Inspirational speaker, Sally Renfro, will explain "How to Recognize Hazardous Situations in Life" The lunch menu is soup du jour, grilled chicken caesar salad, assorted breads, desert and beverages. The cost is \$17 and is all inclusive. On-site childcare is available with preregistration and reservation.

For more information, call 762-8730 or e-mail name and phone number to TucsonCWC@yahoo.com.

Happenings

School supply donation drive

The 25th Operational Weather Squadron is sponsoring a school supply donation drive Aug. 15 at 8 a.m. for children of Southside Community School. The fundraiser is to gather school supplies for underprivileged children. Items needed are pens, pencils, construction paper, lined paper, dry erase markers, two-pocket folders, notebooks, crayons, colored pencils, markers, school glue, glue sticks, scissors, tissues and paper towels. Contributions can be dropped off at the 25th OWS until Aug. 14. Items will be distributed to the children on the first day of school, Aug. 15. For more information, call 228-6673 or 228-6674.

Parent Advisory Board meeting

The next Parent Advisory Board meeting is Aug. 6 at 3 p.m. at the Finley Child Development Center Activity Room. The guest speaker is Peter Delillo, fire prevention inspector and child passenger seat technician. He will share important and useful information with parents.

All parents from both the D-M CDC and Finley CDC are encouraged to attend. Each CDC has a parent representative available for any questions, comments or concerns. For the D-M CDC, call Deandra Flowers at 228-5627 and for the Finley CDC, call Olivia Bloom at 228-5930 or Cynthia Hamman at 434-3725. E-mails can be sent to dmafb.cdcpab@dm.af.mil.

Members of the PAB are involved in events and activities that help enhance the well-being of their children and by creating a positive relationship between the parents, providers, and CDC staff.

Billy Ray Cyrus concert

There will be a free Billy Ray Cyrus concert Sunday at Bama Park. Volunteers are needed to help throughout the day for set up and tear down, security and more. Call Elaine Guinzy at 228-3500 or e-mail elaine.guinzy@dm.af.mil to sign up.

Education Services

For more information, call 228-4249 or 228-3813.

College bookstore

The college bookstore will be available for the on-base Term IV at Building 4101, Room 2, from Aug. 9 through 23.

Hours are:

Aug. 9 through 11: 11 a.m. to 5 p.m.
Aug. 14 through 16: 11 a.m. to 7 p.m.
Aug. 17: 11 a.m. to 5 p.m.
Aug. 18: Closed
Aug. 21 and 22, 11 a.m. to 7 p.m.
Aug. 23: 11 a.m. to 3 p.m.
Closed weekends

For more information, call the bookstore at 228-1340.

College Term IV

The college semester Term IV for on-base colleges and universities will begin as follows: Pima Community College: Aug. 16, Embry Riddle Aeronautical University: Tuesday, Park University: Aug. 21 and Troy State University: Tuesday. On-base terms are accelerated and are eight to nine weeks in length, with evening and weekend classes.

For more information on classes and schedules, contact PCC at 206-4866, Embry Riddle at 747-5540, Park University at 748-8266 or Troy University at 748-2625.

LSAT preparation course

The University of Arizona's Learning Center is offering a comprehensive 28-hour class review and 30-hour, home-study course in the Law School Admission Test.

The four-week workshop will be offered throughout the year. All classes meet Saturday from 9 a.m. to 5 p.m.

Opportunities

Job development coaches needed

The Giving Tree Outreach Program offers a job development program to help deserving people find and keep employment and needs volunteers for success.

Their goal is to place 47 homeless clients into employment for the upcoming year. Volunteer job coaches are critical to making this happen.

Responsibilities are varied and can include specializing in grooming and dressing clients for interviews, helping occasionally with transportation, computer skills, resume writing, child care and case management.

There is also a need for volunteers to just be good listeners and supportive cheerleaders to clients as they embark on their new careers.

For more information, call The Giving Tree Job Development Program representative Donna Pratt at 867-1400.

Family Support Center

For more information, call 228-5690.

Resume/Interview workshop

A resume workshop will be held Aug. 4 from 9 to 11 a.m. at the Family Support Center.

The class will cover basic information on how to prepare for a job.

An Interview workshop will be held Aug. 4 from noon to 2 p.m. in Building 3210.

Call the center to sign up.

Movies

Call 228-5694 for movie theatre recording.

Today

Nacho Libre (PG)
7 p.m.

Saturday

Cars (G) 2 p.m.
The Lake House (PG) 7 p.m.

Sunday

Garfield:
A Tail of Two Kitties (PG) 2 p.m.
(All admission \$1.50)

Regular admission is \$3 for adults and \$1.50 for children 11 years and younger.

Lights, camera, action!

Children from Davis-Monthan put on costumes and perform at a dress rehearsal for The Missoula Children's theatre production of "The Frog Prince," July 14 at the Base Theater. The Missoula theater group travels to bases throughout the summer providing children between the ages of five and 17 with the opportunity to get involved in fine-arts programs and display their talent. The 32 D-M children who auditioned were all chosen for a part in the play. They practiced from 8 a.m. to noon for three days, had one dress rehearsal and put on two live shows July 14 and 15. "The play was a big success and the children really enjoyed participating," said Elaine Guinzy, 355th Services Squadron recreation specialist.



Photo by Senior Airman Christina Ponte